

For Your Benefit



March 2013



Spring is a magical season of rebirth and renewal, growth, new beginnings and discovery.



Adding a Member to the City of Mesa Health Plan—Special Enrollment

In the excitement around a wedding or a new baby, it's easy to forget about benefits enrollment. But this is something you really must put on your "to do" list! If you are newly married or you have a new baby, you can request enrollment for your spouse and/or any dependent child(ren) **no later than 31 days** after the date of marriage, birth, adoption or placement for adoption.

Benefit Enrollment forms are available from the Employee Benefits Administration Office or on our website at www.mesaaz.gov/benefits. Supporting documentation will be required at the time of enrollment. Required items may include but are not limited to:

- Spouse — marriage certificate
- Child — birth certificate (or hospital birth record) with your name as parent or adoption, foster, or legal custody placement papers
- Stepchild — birth certificate for child, natural parent's divorce decree and marriage certificate proving your marriage to child's parent (if applicable)
- Proof of insurance—if you or any of your dependents have other coverage through another health plan

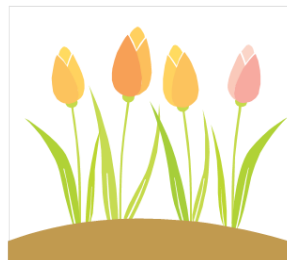
Social Security Number Requirement

To comply with federal law, social security numbers for employees, spouse, children and other eligible dependents **must** be submitted at time of enrollment or shortly after (if newborn or adoption).

To obtain more information about Special Enrollment please review the Special enrollment section in the [City of Mesa Plan Document](#) or contact the Employee Benefits Administration Office at 480-644-2299 Option 2 or via email at benefits.info@mesaaz.gov.

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Preferred Drug List (PDL) Changes effective April 1, 2013: our prescription drug formulary (list of covered, preferred and non-preferred drugs under our benefit plans) can change on a quarterly basis. These changes occur after national guidelines and recommendations are reviewed in conjunction with CVS Caremark's own internal review function. Drugs are reviewed for addition, deletion or movement within the preferred and non-preferred categories - generally based upon new

drugs coming to market, adding products that have enhanced clinical efficacy and/or provide more convenient dosage forms; removing products that may require less convenient therapy dosage, may have more side effects or may cost more when compared to available options already on the drug list (or about to be added to the drug list).

To view the updated formulary list for April 1, 2013, visit the Caremark website at www.caremark.com.

For questions regarding your prescription drug coverage please contact :

**CVS Caremark Customer Care at
(855) 264-5048**

Interesting Facts:

- March is National Noodle Month
- In 2013 spring began on March 20th
- March is named for Mars, the Roman god of war
- Excluding skin cancers, colorectal cancer is the third most common cancer in men and women in the U.S.

National Colorectal Cancer Awareness Month

Colorectal cancer is cancer of the colon or rectum. It's as common in women as it is in men. This year, over 142,000 people will be diagnosed with colorectal cancer and an estimated 50,830 will die of the disease. With certain types of screening, this cancer can be prevented by removing polyps (grape-like growths on the wall of the intestine) before they become cancerous. Several screening tests detect colorectal cancer early, when it can be more easily and successfully treated.

Colorectal Cancer Risk Factors

- People age 50 and older
- People who smoke
- People who are overweight or obese, especially those who carry fat around their waists
- People who aren't physically active
- People who drink alcohol in excess, especially men
- People who eat a lot of red meat (such as beef, pork or lamb) or processed meat (such as bacon, sausage, hot dogs or cold cuts)
- People with personal or family histories of colorectal cancer or benign (not cancerous) colorectal polyps
- People with personal histories of inflammatory bowel disease (such as ulcerative colitis or Crohn's disease)
- People with family histories of inherited colorectal cancer or inherited colorectal problems

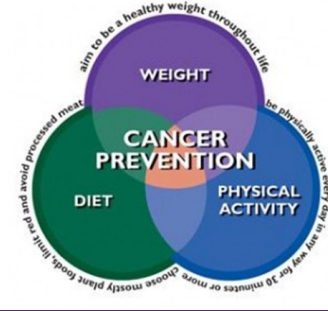


Symptoms

- Bleeding from the rectum or blood in or on the stool
- Change in bowel habits
- Stools that are more narrow than usual
- General problems in the abdomen, such as bloating, fullness or cramps
- Diarrhea, constipation or a feeling in the rectum that the bowel movement isn't quite complete
- Weight loss for no apparent reason

Colorectal Cancer Prevention

- Be physically active for at least 30 minutes, at least five days a week.
- Maintain a healthy weight.
- Don't smoke. If you do smoke, quit.
- If you drink alcohol, have no more than one drink a day if you're a woman or two drinks a day if you're a man.
- Eat fruits, vegetables and whole grains to help you get and stay healthy.
- Eat less red meat and cut out processed meat.



Screenings

Screenings can help check for health problems before they cause symptoms. A colorectal cancer screening can detect cancer, polyps, non-polypoid lesions, and other conditions. If the screening reveals a problem, diagnosis and treatment can occur promptly. In addition, finding and removing polyps or other areas of abnormal cell growth may be one of the most effective ways to prevent colorectal cancer from developing. Colorectal cancer is also generally more treatable when it is found early before it's had a chance to spread.

U.S. Preventive Services Task Force recommends screening for colorectal cancer using fecal occult blood testing, sigmoidoscopy, or colonoscopy, in adults, beginning at age 50 years until age 75 years (once every 10 years). Risks & benefits of these screening methods vary, please consult your doctor for additional information.

City of Mesa Health Plan Coverage

The City of Mesa health plan covers screening colonoscopies once every 10 years for adults over the age of 50. Under the Preventive Care Program screenings are covered at 100% in-network through a Blue Cross Blue Shield provider. There is no coverage for screening through an out-of-network provider.

Colonoscopies that are required before age 50 or with a frequency of more than once every 10 years are considered medically necessary. Colonoscopies that are medically necessary require prior authorization through our Utilization Management Company, Arizona Foundation for Medical Care, at 602-252-4042. Coverage for in-network and out-of-network providers is subject to the member's medical plan deductibles, coinsurance, or copays.

ComPsych

City of Mesa's Employee Assistance Program (EAP)



Available to all benefit eligible employees and their household members.

**Call ComPsych® GuidanceResources®
anytime for confidential assistance.**

Call: 866.519.7415 TDD: 800.697.0353

Go online: guidanceresources.com Company Web ID: MESA

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. ComPsych® GuidanceResources® provides support, resources and information for personal and work-life issues. GuidanceResources is company-sponsored, confidential and provided at no charge to you and your dependents. This flyer explains how GuidanceResources can help you and your family deal with everyday challenges.

Confidential Counseling

Someone to talk to.

This no-cost counseling service helps you address stress, relationship and other personal issues you and your family may face. It is staffed by GuidanceConsultantsSM —highly trained master's and doctoral level clinicians who will listen to your concerns and quickly refer you to in-person counseling and other resources for:

- › Stress, anxiety and depression
- › Job pressures
- › Relationship/marital conflicts
- › Grief and loss
- › Problems with children

Legal Support & Resources

Expert info when you need it.

Talk to our attorneys by phone. If you require representation, we'll refer you to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Call about:

- › Divorce and family law
- › Real estate transactions
- › Debt and bankruptcy
- › Civil and criminal actions
- › Landlord/tenant issues
- › Contracts

Work-Life Solutions

Delegate your "to-do" list.

Our Work-Life specialists will do the research for you, providing qualified referrals and customized resources for:

- › Child and elder care
- › College planning
- › Moving and relocation
- › Pet care
- › Making major purchases

Financial Information & Resources

Discover your best options.

Speak by phone with our Certified Public Accountants and Certified Financial Planners on a wide range of financial issues, including:

- › Getting out of debt
- › Retirement planning
- › Credit card or loan problems
- › Estate planning
- › Tax questions
- › Saving for college



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City of Mesa

Employee Benefits Administration Office
20 E. Main St. Ste 600
Mesa, AZ 85201

Phone: (480) 644-2299
Benefits & Verification Option 2
Claims Option 3

E-mail: benefits.info@mesaaz.com

We're on the web!
Mesaaz.gov/benefits



MOM Breast Cancer Screening

April 2, 2013, Main Library, 64 E 1st St, 7:00am-11:00am

(end time and location has been updated for April 2)

April 3, 2013, Red Mountain Library, 635 N Power Rd, 7:30am-4:30pm

April 4, 2013, Main Library, 64 E 1st St, 7:00am-5:00pm

Please contact M.O.M. at 480-967-3767 or 800-285-0272 to schedule your convenient appointment.

Bring the following with you to your appointment:

- Insurance card
- Doctor's name and address
- Location of where you had your prior mammogram films
- Patients under age 30 must provide a doctor referral

The City of Mesa medical plan covers Breast Cancer Mammography screenings under the Preventive Care Program every 1 to 2 years for women over 40 at 100% in-network and not covered out-of-network.

Tuna Noodle Casserole

Ingredients

- 8 ounces whole-wheat egg noodles
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, finely chopped
- 8 ounces mushrooms, sliced
- 1/2 teaspoon salt
- 1/2 cup dry white wine
- 6 tablespoons all-purpose flour
- 3 cups nonfat milk
- 1/2 teaspoon freshly ground pepper
- 12 ounces canned chunk light tuna drained
- 1 cup frozen peas, thawed
- 1 cup finely grated Parmesan cheese, divided
- 1/2 cup coarse dry whole-wheat breadcrumbs



Nutrition

Per serving: 406 calories

Carbohydrate Servings: 3

Nutrition Bonus: Calcium (30% daily value), Potassium (17% dv), Iron, Vitamin A & Vitamin C (15% dv)

Preparation

Bring a large pot of water to a boil. Cook noodles until just tender, 6 to 8 minutes or according to package directions. Drain and rinse. Position rack in upper third of oven and preheat broiler. Meanwhile, heat oil in a large ovenproof skillet over medium-high heat. Add onion, mushrooms and salt and cook, stirring often, until the onion is softened but not browned, about 5 minutes. Add wine and cook until evaporated, 4 to 5 minutes. Sprinkle flour over the vegetables; stir to coat. Add milk and pepper and bring to a simmer, stirring constantly. Stir in tuna, peas and 1/2 cup Parmesan until evenly incorporated. Then, stir in the noodles (the pan will be very full). Remove from the heat.

4. Sprinkle the casserole with breadcrumbs and the remaining 1/2 cup Parmesan. Broil until bubbly and lightly browned on top, 3 to 4 minutes.
5. Enjoy!

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